

# MILWAUKEE COUNTY SENIOR DINING

## UNITED COMMUNITY CENTER

730 W. WASHINGTON STREET

FOR CURBSIDE PICK-UP

# MAY



MILWAUKEE COUNTY  
Department on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Italian Meat Sauce <b>3</b> Whole Wheat Spaghetti Parmesan Cheese Steamed Cauliflower Garlic Bread Pineapple Tidbits	BBQ Riblet <b>4</b> Whole Wheat Bun Mac & Cheese Baked Beans Cinnamon Applesauce	Chicken Mole <b>5</b> Mexican Rice & Beans Fresh Green Salad w/Dressing Whole Wheat Tortilla Diced Peaches	Roast Pork <b>6</b> Puerto Rican Rice Green Bean & Corn Salad Dinner Roll Pear Slices	Turkey Ham & Cheese <b>7</b> w/Mayo, Lettuce, Tomato on Kaiser Roll Baby Carrots Fresh Plum Cookie
Steak Fajitas <b>10</b> Whole Wheat Tortilla Mexican Rice Mexican Beans Lettuce & Tomato Salad Fresh Apple	Grilled Chicken <b>11</b> Caesar Salad w/Croutons, Red Onion, Cherry Tomato Italian Dressing Garlic Breadstick Mandarin Oranges	Pork w/Zucchini <b>12</b> Brown Rice Green Salad/Dressing Marble Rye Bread Mixed Fruit	Pub Burger/Bun <b>13</b> w/Onion Lettuce, Tomato Mayo & Ketchup Oven Fries Wisconsin Vegetables Applesauce	Cheese Enchiladas <b>14</b> Mexican Rice Mexican Beans Fresh Salad w/Tomato & Shredded Carrots Lemon Pie
BBQ Chicken <b>17</b> Potato Salad Romaine Salad w/Cucumber Wheat Roll Honeydew Melon	Beef Soft Tacos <b>18</b> Mexican Rice & Beans Lettuce & Tomato Shredded Cheese Whole Wheat Tortilla Diced Peaches	Salisbury Steak <b>19</b> w/Gravy Mashed Potatoes Steamed Spinach Multi-Grain Bread Tropical Fruit	Chicken Parmesan <b>20</b> w/Marinara Sauce Penne Pasta Broccoli & Cauliflower Garlic Bread Chilled Pears	Pork Stew <b>21</b> w/Carrots & Potatoes Brown Rice Spring Salad w/Bacon Crusty Roll Pineapple Tidbits
Bistec Encebollado <b>24</b> White Rice Beans Steamed Carrots Italian Bread Strawberries & Cream	Sliced Turkey <b>25</b> w/Gravy Garlic Mashed Potatoes Green Beans Whole Wheat Bread Apple Slices	Chicken Lasagna <b>26</b> Spring Salad w/Cherry Tomato Sautéed Asparagus Breadstick Cottage Cheese w/Peaches	Roasted Pork Loin <b>27</b> Puerto Rican Rice Spinach Salad w/Cucumbers Wheat Roll Chilled Apricots	Breaded Fish <b>28</b> w/Tartar Sauce Baked Sweet Potato Creamy Coleslaw Whole Grain Dinner Roll Banana

**CLOSED** **31**



## RESERVATIONS REQUIRED

9:30 - 11:30 24-HOUR NOTICE



# 414•649•2807

**60+**  
Suggested  
Contribution **\$3.00**



## MES DE LOS ESTADOUNIDENSES DE EDAD AVANZADA

FORTALEZA EN COMUNIDAD: MAYO DE 2021



# Fortaleza *en comunidad*

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



### LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

- Start a gratitude journal
- Share a happy moment with someone
- Say Thank You



### REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

- Leave a small gift on doorstep
- Offer to help with chores
- Share flowers or veggies from your garden



### BUILD NEW SKILLS

★ Have a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

- Take an online art class
- Join an outdoor yoga lesson
- Learn to identify constellations



### SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

- Ask others to share their story
- Initiate conversations that invite others to engage

# Ask the Dietitian

MILWAUKEE COUNTY SENIOR DINING

Gaylyn Reske RDN, CD

Call to Submit Questions or Schedule a Consultation.

(414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.



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